

10 Reasons to Clear Clutter

- 1. Having clutter can drain your energy:** Stagnant energy that stacks up around clutter causes tiredness and lethargy. Clearing it frees up the energy and releases vitality in your body. Start by clearing just a small area and notice how quickly energy seemingly comes to you from nowhere.
- 2. Having clutter can keep you stuck in the past:** When all your available space is filled with clutter, there is no room for anything new to come in. You tend to look back rather than forward in your life, blaming the past for your current situation rather than taking responsibility for creating a better future and moving forward.
- 3. Having clutter can congest your body:** People that live with clutter generally do not take enough exercise, carry excess weight, feel blocked up and often have colds.
- 4. Having clutter can confuse you and distract you from important things:** When surrounded by clutter, it is more difficult to make decisions and almost impossible to have clarity about what you are doing.
- 5. Having clutter can make you procrastinate:** If you have a lot of clutter you will tend to put off doing things until tomorrow because the clutter stagnates your energy and makes it difficult to get yourself to do anything.
- 6. Having clutter can make you feel ashamed:** You may have reached the stage where you are surrounded by so much clutter and mess that you feel ashamed when other people see it.
- 7. Having clutter can depress you:** The stagnant energy of clutter pulls you down and can make you feel depressed. Feelings of hopelessness are compounded by clutter. If you feel so down that you can't even begin to think about clearing your clutter, at least get your clutter off the ground which will lift your energy and spirits too.
- 8. Having clutter can be a health and/or fire hazard:** It can come to this!
- 9. Having clutter can make you disorganised:** Can't find anything? Don't know which pile, box, corner it's in - can't get to the corner? Are you constantly searching for things with no real idea where they maybe? Being disorganised wastes time and makes you feel like a failure. Living with your clutter keeps you disorganised and sabotages you.
- 10. Having clutter can cost you financially:** Do you have so much stuff that you have a junk room? Is your rent money or mortgage paying for you to house junk? What a waste! Then, there's the cost of buying something to house [or hide] your clutter in, like storage boxes, shelving, cupboards, wardrobes, drawers, filing cabinets. Then, there is the cost of cleaning, which takes at least twice as long as you not only need to clean the space but the objects that clutter it. Then there is the cost of protecting the clutter from the weather, temperature, pest control, insuring it and even having a security system to guard it.

For **more free tips** on clearing clutter, staying focused and reaching your goals, or to find out more about one-to-one business, executive or life coaching and group coaching or to arrange a no-obligation session with Tania, visit the Blue Sky Coaching website at www.blueskycoaching.com.au. Tania can be contacted Monday to Friday between 8 am and 8 pm (Adelaide CST), on (08) 8338 3134 or 0411 471 941 or by e-mail on tania@blueskycoaching.com.au

Finally, there is the time, expense and emotional energy it costs you to get rid of it when you eventually realise what it is costing you.